

Low cost healthy meal

Tinned tomatoes are low cost, they go a long way, and are very tasty with many health benefits. Pasta is another low cost option and if eaten in moderation is a good healthy meal for you and the family. Lean mince has a **lot less fat content than standard mince** and when the health benefits are weighed up, evidence shows it makes a good value meal. Mince is good to freeze so look for lean mince when it's on special, buy extra and freeze in meal size portions.



Tomato pasta and meatballs (Serve a family of four)

Ingredients for tomato sauce

Oil	2 tablespoons
Onion diced	1 large
Garlic crushed or chopped	4 cloves
Tomatoes chopped	2 tins
Carrot grated	1 small
Salt & pepper	pinch (optional)
Basil	5 leaves or teaspoon dried

Method for tomato sauce

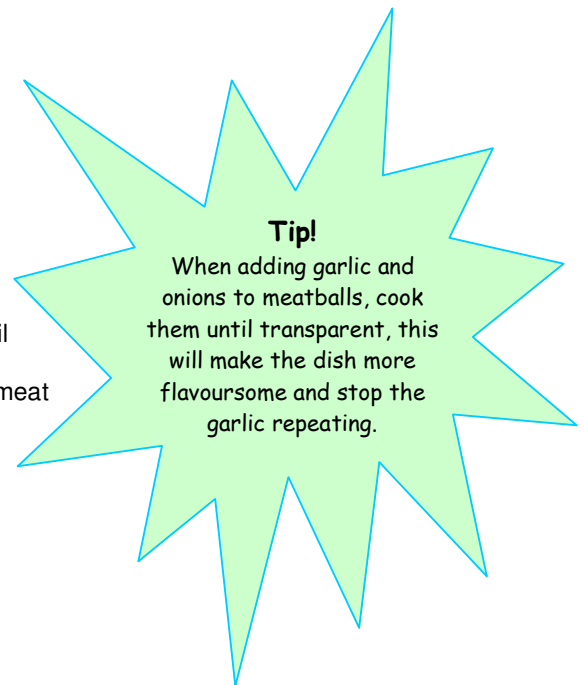
1. Heat oil in a saucepan
2. Add onions then the garlic into pan on medium heat and stir until transparent (about 4 minutes)
3. Remove 4 tablespoons of cooked onions and garlic mix for the meat ball mix and put aside in mixing bowl to cool
4. Add the rest of the ingredients, bring to the boil then simmer on low for 15-20 minutes

Ingredients for meatballs

Lean mince	400 grams
Eggs	2
Salt & pepper	pinch (optional)
Rosemary dried or fresh	1 teaspoon
Garlic and onion mix	saved from tomato sauce

Method for meatballs & pasta

1. Mix all the ingredients together well and roll into golf ball sized balls
2. Place meatballs in hot non-stick frying pan on medium heat (if frying pan is not non-stick heat and add 1 tablespoon of oil first)
3. Cook meatballs carefully turning gently when needed for about 15 minutes
4. At the same time add 1 and a ½ cups of pasta to pot of boiling water then stir
5. Cook pasta for about 12 minutes
6. Drain the pasta and add the tomato sauce, gently mix and cook for 1 more minute on low heat
7. Serve meatballs on top of pasta and tomato sauce with a teaspoon of grated parmesan cheeses



Tip!

Whenever cooking pasta use lots of boiling water - 7 cups of water to 1 cup of pasta